

DINNER

Grilled Grouper with Lime and Mexican Confetti Rice

6 October 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	4	\$1.42	184 kcal

You can never have too many Mexican recipes, so give Grilled Grouper with Lime and Mexican Confetti Rice a try. For \$1.42 per serving, this recipe covers 13% of your daily requirements of vitamins and minerals. One portion of this dish contains around 33g of protein, 4g of fat, and a total of 184 ca...

Ingredients

☐ 24 ounce grouper fillets	☐ 4 lime wedges
☐ 2 teaspoons olive oil	☐ ¼ teaspoon pepper
☐ 4 servings Mexican Confetti Rice	☐ ½ teaspoon salt

EQUIPMENT Frying pan, Grill pan

Method

- 1 Rub fish with oil.
- 2 Sprinkle with salt and pepper.
- 3 Heat a large nonstick grill pan over medium-high heat; coat pan with cooking spray.
- 4 Add fish; cook 5 minutes on each side or until fish flakes easily when tested with a fork.

- 5 Serve with lime wedges and rice.
- 6 Note: Nutritional analysis includes rice.

Nutrition per serving			
	184	33 g	4 g
	KCAL	PROTEIN	FAT
			3 g
			CARBS
Saturated Fat			0.7 g · 4% of daily needs
Fibre			0.6 g · 2% of daily needs
Sugar			0.3 g · 0% of daily needs
Sodium			381 mg · 17% of daily needs
Cholesterol			62.9 mg · 21% of daily needs
Vitamin C			5.2 mg · 6% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/grilled-grouper-with-lime-and-mexican-confetti-rice-148214